

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being, Partners!

In this 191st Newsletter, I want to show you what **Macronutrients and Micronutrients** can do for your physical, mental and emotional well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my **1st Health Proposal** and my **2nd Health Proposal**. So if you haven't, please pause, go back and watch them. You can also read all of the articles in full **HERE**.

### NOURISH YOUR BODY WITH THE GRATIFYING GIFT OF MICRO AND MACRO NUTRIENTS!!!!

In this newsletter, I want to talk to you about the **incredible and important benefits**, micro and macro nutrients can bring to our **physical, mental and emotional well-being**.

All nutrients found in foods such as fruits, vegetables, leafs, nuts, and so on. are divided in **two groups**: the **Micronutrients and the Macronutrients**.

Micronutrients are nutrients our body needs, but only in **small amounts**. Macronutrients are nutrients our body needs in large amounts and these nutrients are vital for our organism to function properly. Without macronutrients we can be in serious danger of developing diseases that may even **lead to death**.

Good nutrition is essential for good health and eating nutritious food can help to **prevent common ailments**, as well as more life threatening illnesses and diseases.

es.

Nutrients are required in order to **build and repair cells** and body tissues, maintain the organs and bones, and they can also provide energy, fuel and warmth.

During my health journey, I lived through different experiences and learned very interesting strategies on how to **take good care of my health** and body. During this process I worked together with different **natural doctors and nutritionists**, These specialists helped me discover and learn the essential nutrition my body needed to **function properly**. They guided me on what to eat and in what foods I could find the right nutrition I needed.

**I applied their teachings and also learned to carefully listen to my own body** and actually understand what it was asking me for. Listening to my body made it much easier to provide it with the micronutrients and macronutrients it needed.

By **listening** to my body I discovered that my body not only needed specific nutrients but that helped me choose where to get my nutrients from. I discovered that the best ways to provide my body with all its nutrients was by eating an all vegan, **planet based whole-food diet** that is mostly raw **foods and juicing**.

At a stage of my health journey my body showed me that I had to stop my high protein diet and focus more on giving my body the **macronutrients of carbohydrates and proper fats**, to pro-



CAROLINA ARAMBURO

vide my body and brain with what they needed to **function at a higher level**.

I also **learned** that my body needed some foods at certain times and totally different ones at other times. By carrying out a healthy and balanced diet full of micro and macro nutrients, my body started to **function better and perform better**. It was then that I realized the **real importance of nutrients** to my health and well-being. I now listen to my body every time before eating or even before preparing my meals. This way, I always know what foods and nutrients my **body and organism is craving for!**



[CLICK HERE TO VIEW VIDEO](#)

[CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW](#)

## DISCOVER THE POWER OF MACRO AND MICRO NUTRIENTS TO BOOST PHYSICAL WELL-BEING!!!!

Different nutrients have different metabolic **effects on the human body**. Some of these nutrients are needed in large quantities (Macronutrients) while others are needed in smaller amounts (Micronutrients).

Macronutrients are nutrients that provide calories or energy. Nutrients are substances **needed for growth**, metabolism, and for other body functions. There are three macronutrients:

- **Carbohydrates**: Carbohydrates are the body's main source of fuel and are used by the body for energy. They are also used for the central nervous system, the kidneys, the brain, and the muscles (including the heart) to function properly.
- **Proteins**: We need protein for growth (especially important for children, teens, and pregnant women). It helps tissue repair the immune system, it helps the body to make essential hormones and enzymes and it preserves lean muscle mass.
- **Fats**: Fats are used by the body for growth and development. They help the body to absorb certain vitamins (like vitamins A, D, E, K, and carotenoids). They provide cushioning for the organs, help maintain cell membranes, provide taste, consistency, and stability to foods and they are the most concentrated source of energy.

Micronutrients are vitamins and minerals that **boost the nutritional value of food**. When a daily diet does not contain adequate levels of micronutrients, the outcome can have **dramatic conse-**

**quences**: children may not reach their full intellectual capacity, growth may be stunted, and even blindness can occur. Here are some micronutrients:

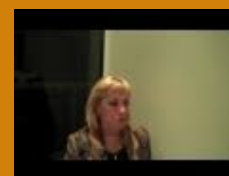
- **Vitamins**: Vitamins are micronutrients that can be found in plants and animals. Vitamins A, C and E offer **antioxidant properties**, which mean they help your body **combat pollutants**, the sun and other damaging effects of the environment. Vitamin C also helps **boost your immune system** by helping to **fight diseases and infections**. B vitamins aid with processing foods to create energy for your body.
- **Minerals**: Minerals are micronutrients, which come from inorganic substances in soil or water and are absorbed by plants and animals. Calcium is a mineral that plays a significant role in your body, helping maintain strong bones and teeth and preventing bone conditions, such as osteoporosis.

Macronutrients and micronutrients are **extremely important** for your physical health and well-being. Therefore if your diet is lacking any of the nutrients mentioned above, you **might be in danger** of developing **health problems**.

For instance, a diet without enough iron or B vitamins can cause anemia, a condition characterized by fatigue and weakness. A **calcium-deficient diet** will put you at risk of developing osteoporosis, a disease marked by brittle bones. If you're low in vitamin C, you may develop anemia, as well as experience a decreased ability to fight infections. It can be **very important** that we consume and feed our body with

loads of macronutrients and micronutrients to live a more healthy life.

Eating a **varied diet** with foods from various food groups, including, grains, fruits, vegetables, and protein products, is probably the best way to get the nutrients your body needs to function. Include plenty of **whole grains, fruits and vegetables** in your diet to get enough nutrients. I recommend you to nourish your body with macronutrients and micronutrients for a healthier and more powerful body!



[CLICK HERE TO VIEW VIDEO](#)

By listening to your body, you may notice what nutrients, from the macro to the micro level, you need to elevate your physical, mental, emotional and spiritual health. **I encourage you to listen to your body and to join me on this health journey!!!!**

Besides listening to your body I also recommend you find a **Health coach**. Because, especially on the subject of nutrients, it is best to work with an expert rather than on your own. In our WELLNESS COACHING DIVISION we are ready to create RADICAL Wellness, with and for YOU, by designing a completely **customized approach** that works for you! If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com).

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



CONNECT WITH ME



## SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our community (and our world) in their/our spiritual

growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

## BOOST YOUR MENTAL PERFORMANCE WITH MICRO AND MACRO NUTRIENTS!!!!

Micro and macro nutrients may affect our mental, emotional and spiritual wellness.

The ability of the brain to **process information, to think**, to learn, to remember and problem solve is referred to as cognition. Micronutrients and macronutrients, specifically minerals and vitamins, are both directly and indirectly involved in a number of cognitive processes. Here are some micronutrients that **influence and impact our mental and physiological** system:

- **Calcium:** Calcium ions, states Drake, regulate a number of physiological processes including neuronal gene expression and the neuronal secretion of neurotransmitters.
- **Iodine:** Is needed for the myelination of the central nervous system. Iodine is necessary for the normal development of the brain. A deficiency of this mineral during critical periods of development in gestation can result in mental retardation and lesser neuro-developmental deficits.
- **Iron:** Is needed for proper development of oligodendrocytes (the brain cells that produce myelin) and numerous enzymes that synthesize neurotransmitters.
- **Magnesium:** Participates in more than 300 metabolic reactions, many of which are needed for normal brain function.
- **Selenium:** Is needed for gluta-

thione peroxidases, important antioxidant enzymes in the brain and other tissues. In studies, a selenium deficiency in the brains of lab animals may be linked with a reduced antioxidant capacity in the brain.

**Macro Nutrients** also have a great impact on our brain, the brain uses fatty acids from fat foods to create the specialized cells that allow people to think and feel. **Amino acids** from proteins are used to make the neurotransmitters that allow your brain cells to network and communicate. Glucose from carbohydrates is the fuel your brain uses to produce the energy that moves and motivates you.

The foods you eat in a given day, especially immediately before mental activity (tests, meetings, interviews), can influence your mental acuity. Interestingly, body building eating **habits typically lend themselves** to peak mental acuity. Macro and Micro nutrients may totally enhance your brain power, as well as the health of your body!!!

The proper ingestion of **quality and the appropriate quantity** of macro and micro nutrients has everything to do with our emotional balance - all the way to the **extreme** of people actually becoming totally depressed, moody and beyond just because of a lack of proper nutrients. So a crucial **requirement** of

our emotional balance is us being rigorous about getting our macro and micro nutrients. Our spirituality can also end up being totally **compromised** due to our physical, mental and emotional imbalance and all simple caused or rooted in a lack of proper macro and micro nutrients. On the other hand when we **gift ourselves** with the perfect balance of macro and micro nutrients we have way better chances for our emotional, physical and mental **balance** being optimal and, consequently, give ourselves the best chances for a flourishing spiritual development. I hiiiiiiighly recommend YOU and I cherish ourselves to do so, starting now!.

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

© Carolina Aramburo, 2014  
[www.CarolinaAramburo.com](http://www.CarolinaAramburo.com)